

Claims

1. Method for the prevention and/or treatment of vascular disorders and/or secondary disorders associated therewith, said method comprising the oral administration of a preparation which contains at least the following fractions:

- a) long chain polyunsaturated fatty acids;
- b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine and
- c) one or more compounds which are a factor in methionine metabolism, which compounds are selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc or equivalents thereof

15 2. Method according to claim 1, wherein the preparation further comprises hypericin and/or extract of *Withania somnifera*.

20 3. Method according to claim 1, wherein the preparation further comprises citrate.

4. Method according to claim 1, wherein the preparation further contains tryptophan or an analogue thereof, or a protein containing tryptophan.

25 5. Method according to claim 1, wherein fraction a) comprises Ω -3 and Ω -6 fatty acids.

6. Method according to claim 5, wherein the Ω -3 fatty acids are selected from the group consisting of eicosapentaenoic acid and docosahexaenoic acid and the Ω -6 fatty acids are selected from the group consisting of arachidonic acid and dihomogammalinolenic acid.

7. Method according to claim 1, wherein fraction b) comprises phosphatidylcholine, phosphatidylethanolamine and phosphatidylserine.

8. Method according to claim 1, wherein fraction c) contains at least folate and
5 vitamin B6.

9. Method according to claim 1, wherein the preparation further contains SAMe,
choline, betaine and/or copper.

10 10. Method according to claim 9, wherein the preparation comprises zinc and copper,
wherein the weight ratio of zinc to copper is between 5 to 12.

11. Method according to claim 1, wherein the preparation further contains one or
more members selected from the group consisting of carnitine, vitamin B1, vitamin B5
and coenzyme Q10 or functional analogues thereof.

12. Method according to claim 1, wherein the preparation further contains one or
more antioxidants selected from vitamin C, vitamin E, lipoic acid, selenium salt and
carotenoids.

13. Method according to claim 1, wherein the preparation further contains an extract
of gingko biloba.

14. Method according to claim 1, wherein the preparation further contains vitamin D,
25 in particular vitamin D3.

15. Method according to claim 1, wherein the preparation additionally comprises
folate, citrate as well as hypericin and/or extract of *Withania somnifera* and wherein the
method comprises administering the preparation in an amount which provides a daily
30 dose of:

at least 120 mg of long chain polyunsaturated fatty acids;

at least 200 mg phospholipids;

at least 200 µg folate;

at least 0.1 mg hypericin and/or at least 100 mg extract of *Withania somnifera* and at least 500 mg citrate.

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16. Method according to claim 15, wherein the preparation comprises eicosapentaenoic acid, docosahexaenoic acid, arachidonic acid, magnesium, zinc, vitamin B6 and vitamin B12 and wherein the method comprises administering the preparation in an amount which provides a daily dose of:

10 at least 20 mg, preferably at least 50 mg eicosapentaenoic acid;
at least 50 mg, preferably at least 200 mg docosahexaenoic acid;
at least 50 mg, preferably at least 100 mg arachidonic acid;
at least 200 mg, preferably at least 1000 mg phospholipids;
at least 200 µg, preferably at least 400 µg folate;

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15 at least 0.2 mg, preferably at least 0.5 mg hypericin and/or at least 500 mg, preferably at
least 1000 mg *Withania somnifera* extract;
at least 100 mg, preferably at least 200 mg magnesium;
at least 5 mg, preferably at least 10 mg zinc;
at least 2 mg, preferably at least 2.5 mg vitamin B6;
20 at least 2 µg, preferably at least 4 µg vitamin B12; and
at least 1.0 g, preferably at least 1.5 g citrate.

17. Method according to claim 1, for the treatment and/or prevention of depression or related disorders.

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18. Method according to claim 17, for the treatment and/or prevention of depression and related disorders, in particular bipolar or unipolar depression, depressions related to menstruation, menopause, schizophrenia, ADHD, anxiety, insomnia, seasonal affective disorder, dementia or Parkinson's disease.

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19. Preparation for oral dosage comprising:

at least 120 mg of long chain polyunsaturated fatty acids;
at least 200 mg phospholipids;
at least 200 µg folate; and
at least 0.1 mg hypericin and/or at least 100 mg extract of *Withania somnifera*.

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20. Preparation according to claim 19, comprising:

at least 20 mg eicosapentaenoic acid
at least 50 mg docosahexaenoic acid
at least 50 mg arachidonic acid

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21. Preparation according to claim 19, comprising at least 500 mg citrate.

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22. Preparation according to claim 19, comprising at least 100 mg magnesium and
at least 5 mg zinc.

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23. Preparation according to claim 19, comprising at least 2 mg vitamin B6 and
at least 2 µg vitamin B12.

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24. Preparation according to claim 19, wherein the preparation is a nutritional
supplement.

Add b'

add
C4

Add D2